

Dance and Move More to live well!

**Have you or some-
one you know been
affected by cancer?**

Being physically active can help reduce the risk of developing cancer and can help people during and following cancer treatment.

Come and have fun while learning how to live well! Complete our quiz and enter a prize draw to win a voucher for a free meal for two people from 805 Restaurant, Turtle Bay and the Ravensbury.

Try out our
free dance and
movement classes

- African dance
- Bollywood dance
- Move More
- Learn how to live well

Light refreshments provided



RAVENS-
THE
BURY



When: Saturday 18th November 2017, 2pm—5pm

Where: Vestry Hall, Cricket Green, Mitcham

For more information and to book a place: please contact
Beverley van der Molen on 020 8725 2949 or
patient.voice@stgeorges.nhs.uk